5-21-87

Summer session
July 6—Aug. 14

School closed
Memorial Day
Monday, May 25,

WHITE LIE'MAN

See page 10

Valley Star

Los Angeles Valley College

Thursday, May 21, 1987 | Van Nuys, California | Vol. 38, No. 27

JEANNE K. BIEHLER / Valley Star

The wreckage of a 1968 Camaro rests on Ethel Ave. after the driver lost control of the vehicle. The Camaro struck the pick-up truck in the background during the making of a student film on the hazards of drag racing. The driver, who was not wearing a seat belt or helmet, was seriously injured .

Driver injured in student film shoot

By RYAN DORFF
News Editor

A Valley College student film project ended in tragedy last Sunday, when a volunteer drag-race driver was critically injured after his car went out of control.

Anthony J. Galati, 25, an Arleta resident, was flown by helicopter to St. Joseph Medical Center where he is now listed as being in "serious" condition.

Filming from the overpass on Ethel Ave., the film's director, Tony De Santo, 29, of Reseda, was working on the last shot in a school project, a public-service film titled "Street Racing is a Drag," when Galati's car went out of control and crashed into De Santo's parked truck.

A friend of Galati who witnessed the accident speculated that Galati's orange 1968 Camaro, which was fueled by a volatile mixture of aviation gasoline and and nitrous oxide, might have gone out of control due to a malfunction of the nitrous-injector switch.

The film, which was supposed to demonstrate the dangers of street racing, called for Galati's purposely not wearing his seat belt.

Police said Galati's car pushed DeSanto's truck 25 feet from where it was parked. The Camaro's front end, which was made of fiberglass, disintegrated on impact.

No charges have been filed by police, pending an investigation.

A permit had been issued by the campus police to shoot the film here, however the provisions of that permit have not yet been determined insofar as the college's liability.

Deukmejian ups budget

By RYAN DORFF
News Editor

Governor George Deukmejian, in response to the demands of critics and a 10 percent increase in enrollment this year, pledged in a radio announcement last Saturday to increase state spending for community colleges by more than $140 million.

The financially imperiled two-year institutions, which many critics have felt have been the worst victims of the governor's fiscal policy on public education, will receive a 7.6 percent boost over the 1986-87 budget, more than twice the 3.6 percent increase he had originally proposed.

"I'm excited about that possibility," said LACCD Trustee Harold Garvin, who was recently re-elected for another term. "I'd like to see the governor follow through, and I'm also sure he will.

"It's not going to solve all of our problems," Garvin admitted, "but it's going to give us a little more flexibility than we've had."

"[The governor] had already indicated in his budget previously," said LACCD Director of Communication Services Norm Schneider," that community colleges were going to get about $48 million for [the 1987-88 school year]. So, in actuality, this $140 million is only an addition of $97 million to what he already was going to provide."

"As for the [LACCD], these new monies will provide between three and four million dollars which can go toward reducing our projected budget deficit for next year, which we estimate at this point will be about eight or nine million dollars.

"When the governor introduced his budget earlier this year he had provided funds only for half of what statuatory funding is for cost of living adjustments. Now he is saying he will provide the full year's funding for cost of living adjustments."

Schneider said that Chancellor Leslie Koltai based his decision to rescind the faculty layoffs last month upon learning of indications that the governor would come through for the community colleges.

Although it would appear that California's two-year institutions are only getting what they mandatorally should, Schneider said he felt the governor was expanding programs for which previously there was little funding.

"There's no denying the fact that we're pleased with this," Schneider said. "And, more than just the money, and as what seems to be a clear indication by the governor that his concern and interest and understanding of the community colleges has significantly changed and, to a large extent, has improved. And I think that is directly attributable to the hard work done by administration, faculty and students who cared enough to air their displeasure with the governor's policy toward community colleges."

Part one of a two-part series

Extent of crime in and around Valley campus examined: statistics may be misleading

By RYAN DORFF and
CAROLYNE SHAPIRO
News Editor and Staff Writer

Are Valley College and the surrounding neighborhood really safe?

Despite LAVC Campus Police Capt. J.J. Wolf's contention that there has been a 23 percent drop in crimes reported on campus so far this semester, they may indeed not be.

So far this semester, said Wolf, there have been 22 auto break-ins. Because the campus police blotter is not open to public scrutiny, as are the blotters of municipal police departments, the extent of loss to these students is indeterminate.

There have been 13 reported auto thefts, mostly of Toyotas, for which there have been two arrests of juveniles.

"We have 108 acres of campus to police," said Wolf, who would not say how many officers are assigned to this campus. "So when it comes to car break-ins and thefts, it is just a case of us being in the right place at the right time."

Wolf pointed out that, as there can be anywhere from four to eight-thousand students on campus at one time, it is very difficult to determine even in broad daylight who is getting into their car or the car of another.

Wolf declined to elaborate on any further details.

There are several questions one may ask about the extent of crime in and around campus: whether it merits attention, where it is coming from, who does it affect, what is being done about it, how do we deal with it, etc.

These questions the *Star* will try to answer without either sensationalizing or downplaying any of the crucial elements which delineate the crime picture, or protective measures which can be taken against it.

Valley College is under the jurisdiction of the Van Nuys division of the Los Angeles Police Department (LAPD).

And according to statistics released by the LAPD, the Van Nuys division registered increases in most crime categories, particularly serious crimes, during 1986: Homocides increased 55.6 percent over the preceding year; rapes, 10.1 percent, and robberies went up 9.2 percent.

However, somewhat consistent with Capt. Wolf's estimation, thefts from people dropped 22.1 percent in the Van Nuys area during 1986, and auto thefts fell 2 percent.

The Valley is broken up into sections by streets and given numbers. One police squad car is assigned up to three sections to patrol in a given shift.

The area around Valley college is designated as section 969, and it is bordered by Victory and Burbank boulevards to the north and south, and Woodman Avenue and Laurel Canyon to the west and east.

The neighborhood, on the surface, looks like an ordinary middle-class Valley suburb. But behind the weathered apartment buildings which line up westward on Burbank toward Woodman Avenue, one can see the writing on the walls: ——Graffiti; its cryptic messages inarticulate, yet otherwise disturbingly apparent on many garages and backyard fences.

F.F.F (Fight For Freedom), a gang of suburban white youths, have marked much of it as their 'turf.'

According to Sgt. Tim Day, Community Relations Officer for the Van Nuys division, 969 is not one of their high crime areas, compared to other adjoining sections under their patrol jurisdiction which, as a whole, are considered to make up the most active area in the Valley for most crimes.

Sergeant Day, however, confirmed that section 969 is not without its problems.

During the first quarter of 1987, according to Day, Van Nuys police received some 300 calls from this area. 105 of them were calls for services such as domestic disputes, bar room brawls, illegally parked cars

(Continued on page 3)

Final Examination Schedule

Spring semester 1987
Thursday, June 4 - Friday, June 12

Final examinations **MUST** be held on the **DAY** and **TIME** scheduled, and in the regularly assigned classroom.

The date of your final examination is determined by the **first day** and the **first hour** your class meets.

Classes which meet only one day per week (modular classes) will have their finals at the first regular class meeting time during the period Thursday, June 4 Through Friday, June 12.

Classes of less-than-semester length (4, 5, 6, 8, or 9-week classes) will have their final exam at the last meeting of the class.

All 4 p.m. and evening classes will have final exams as follows:
Monday classes: June 8
Tuesday classes: June 9
Wednesday classes: June 10
Thursday classes: June 4 or 11 (Instructor's choice)

All Saturday classes will have final exams on Saturday, June 6, at the regular class time.

CLASSES MEETING ON	7 a.m & 7:30 M or W orF	7 a.m. & 7:30 Tu or TH	8 a.m. & 8:30 M or W or F	8 a.m. & 8:30 Tu or TH	9 a.m. & 9:30 M or W or F	9 a.m. & 9:30 Tu or TH
FINAL ON	**Fri. June 12 8-10**	**Thurs. June 11 8-10**	**Mon. June 8 8-10**	**Tues. June 9 8-10**	**Fri. June 5 8-10**	**Thurs. June 4 8-10**
CLASSES MEETING ON	10 a.m. & 10:30 M or W or F	10 a.m. & 10:30 Tu or TH	11 a.m. & 11:30 M or W or F	11 a.m. & 11:30 Tu or TH	Noon or 12:30 M or W or F	Noon or 12:30 Tu or TH
FINAL ON	**Wed. June 10 10:30-12:30**	**Tues. June 9 10:30-12:30**	**Mon. June 8 10:30-12:30**	**Thurs. June 11 10:30-12:30**	**Fri. June 5 10:30-12:30**	**Thurs. June 4 10:30-12:30**
CLASSES MEETING ON	1 p.m. & 1:30 M or W or F	1 p.m. & 1:30 Tu or TH	2 p.m. & 2:30 M or W or F	2 p.m. & 2:30 Tu or TH	3 p.m. & 3:30 M or W or F	3 p.m. & 3:30 Tu or TH
FINAL ON	**Wed. June 10 1-3**	**Thurs. June 4 1-3**	**Mon. June 8 1-3**	**Thurs. June 11 1-3**	**Fri. June 12 1-3**	**Tues. June 9 1-3**

In case of conflicts or for makeup exams, see instructor

STAR EDITORIAL

Campus unsanitary

Sanitary conditions on campus have been deteriorating dramatically during this scholastic year, but who is really to blame?

Custodial services are responsible for the maintainance and clean up of all the facilities on the grounds.

The night shift of custodial staff must clean the many classrooms, bungalows, labs, hallways, washrooms and still make time to move furniture for special programs.

But this is not entirely a custodial problem.

Before the cutbacks in funds by the Los Angeles Community College District (LACCD), 40 people did the work that now must be done by 17.

The shortage of manpower means each custodial worker must handle the equivalent of a building and a half, plus emergencies and special events.

The morning shift has only five people to clean parking lots, cafeterias and the outside areas.

Absenteeism, due to illness or vacations, further complicates the problem by increasing the burden each worker must bare.

An increased workload (due to cutbacks in personnel), without even a cost of living increase in four years, is a sacrifice LAVC employees have made until now.

It is no wonder that there has been an exodus to the Los Angeles Unified School District (LAUSD).

The LAUSD (at all levels—elementary, junior high and high school) gives blanket raises each year, plus a cost of living increase.

"Unified workers make as much or more money than community college supervisors" said Charles Long, LAVC's Operation Plant Supervisor.

Under current circumstances, some workers have learned to do just enough to get by. Unfortunately quality standards suffer.

Long's goal is to "lift the pride level of workers, so we can get back to the standards Valley is accustomed to."

This task will be a difficult one since the district has set up a staffing plan to keep classified positions to a minimum.

Unless enough concern is expressed to the District about the sanitary conditions, it could be years before more money or manpower will be allocated to upgrade custodial services.

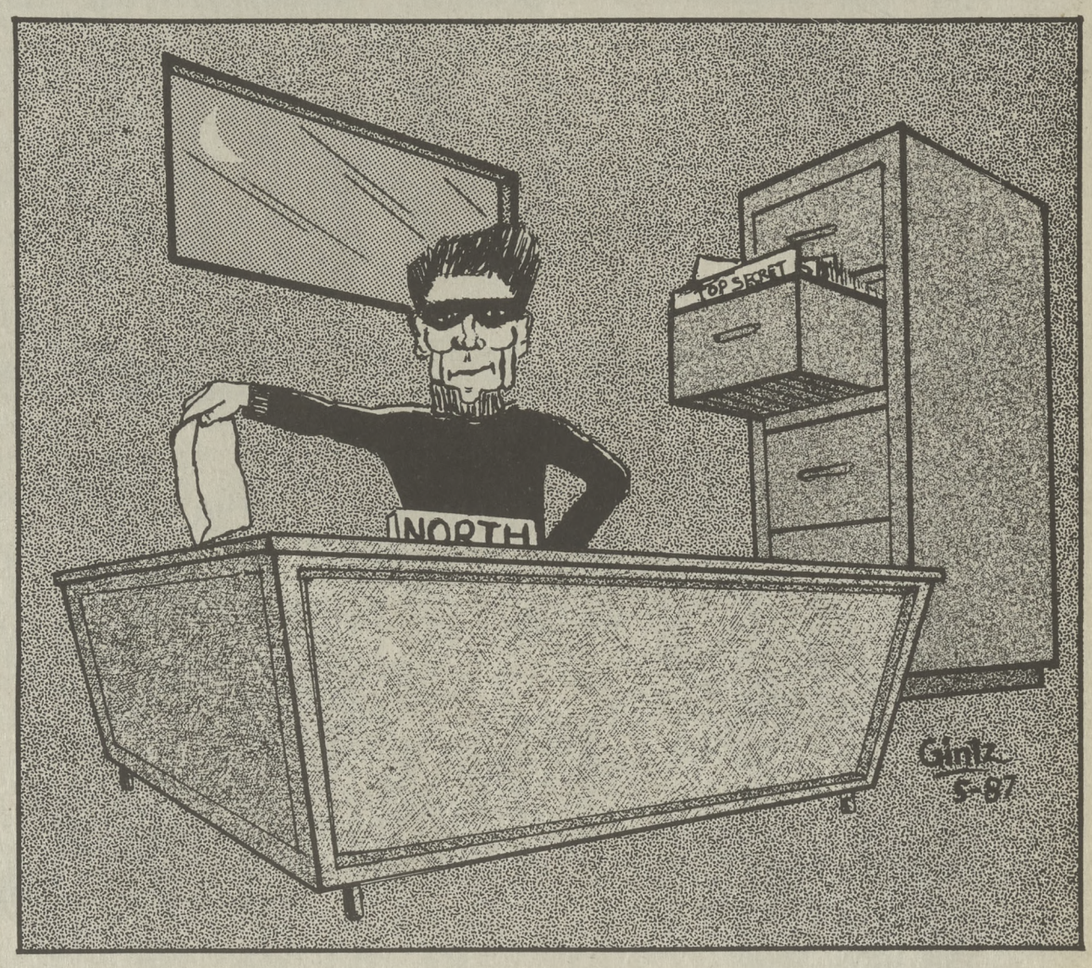
"Over all I feel the custodial staff at Valley is doing a good job, considering what we're up against." said Long. "Valley still has one of the cleanest campuses throughout the district."

These are difficult times for the LACCD. The custodians are trying to do their best, but it's an immense job for those still remaining on staff.

We need to express our concerns to the District and also to the Governor's office on this issue. Beyond this, however, all of us on campus can help by picking up after ourselves and not making the problem greater than it already is.

It may be some time before the district takes responsibility for sanitary conditions and reinstates the lost custodial positions. It has become a question of surviving until then.

"Contragate Break-in"



"Now I'm going to find out what I really did know!"

Abortion; a life or death choice

By KATHY CROUCH
Staff Writer

My best friend had an abortion when she was 17 years old. She had become pregnant at a New Year's Eve party. I remember standing by her the day she went to the hospital for the abortion; how sick she felt when she came home, both physically and emotionally.

All I could think about was how terrible she felt, how much pain she experienced.

It wasn't until three years later that I came to believe that abortion was wrong, becoming a statistic among the ranks of the so-called "right-to-lifers."

Through most of my life, I have been raised to believe that abortion was not an issue of morality, but rather a question of personal privacy and the right of an adult woman to make decisions about her own body. We were a "pro-choice" family that defended personal liberty to the hilt.

Being young and impressionable, I went along with that philosophy for many years. But, as I approached adulthood, my views began to change and I began, for the first time, to make my own decisions about what I felt was right and wrong.

One of thoseideasis that, with the abortion question, a pregnant woman does not have the right to decide whether a conceived child has the right to live or die.

Since I have believed that life began at the moment of conception, I could find no way to justify ending the life of a human being simply because it was in an early stage of development.

Through all of our lives we are constantly changing and developing. At every moment of our lifetime, we are but at a stage of growth that is dynamic, expanding and very much alive. Compare the six year old to the 16 year old: the 16 year old to the 60 year old.

Always, simply a different stage. Notice how elderly people almost follow a complete reversal of the human development process. Their bones become brittle, their muscles weak, and in many, brain functioning diminishes to a near-childlike capacity.

We tend to our grandparents like we tend to our children. Is there a point in the life of an older person where we can say, "life is no longer valuable to this person," because they cannot tackle daily activities with the strength we can?

I doubt that anyone reading this would answer yes to that question, but there are some who feel that a life in its' earliest form is not as valuable because it has yet to achieve anything.

The relative value of a human life cannot be measured in achievements, successes, or years alive.

The miracle of conception is worth a life by itself. Maybe it's the child who will grow up to discover the cure to AIDS. Who knows? But why don't we leave it up to the child to decide his fate, not an irresponsible teenager who made a stupid mistake at a New Year's Eve party.

As with all moral questions, the circumstances must always be taken into account and all options considered. In the case of rape or incest-induced pregnancies, circumstances are different. But, so also, are the options.

Adoption is a viable alternative to an unwanted pregnancy. To endure nine months of inconvenience is a small price to pay for someone's future life. My friend will always wonder what might have come of her aborted child.

I can't speak for her, but, I can deliver this message to some woman out there. I turned out just fine. Thanks for having the patience to stick out the nine months.

She was 17.

People lack listening skills

By CISSY V. MILAUSKAS
Staff Writer

There is a big problem going on in the world today. It's not Reagan and Iranscam, the threat of nuclear war or world hunger. It hits a little closer to home. *Communication.*

Do we really know how to communicate?

Apparently not. Statistics show that workers spend an average of eleven minutes each day speaking. This is saying something about our society.

From the time a child is born, he or she is urged to speak. Eventually, the child learns words and how to talk. One aspect that this child will never be taught is how to listen. This is probably one of the most important facets to communication.

But most people do not know how to listen. They also do not realize that the kinds of responses they give influence the communicative bond. In the book "Communicate!" by Rudolph Verderber, he tells us that "Research studies have shown that most people listen with only 25 to 50 percent efficiency, meaning that 50-75 percent of what we hear is never processed."

Many people disagree that the problem is due to the lack of listening skills. They feel that people just do not want to listen. They either are too lazy or just do not want to make the effort to communicate.

In the book "Communicating in Small Groups," the authors tell us, "Listening is a skill that can be improved with practice. It is an active process through which we select, attend, understand and remember."

However, there are several other factors which can cause a lack of listening.

For one, many people do have a hearing problem. If they do not realize it, they will have an especially difficult time. Obviously, a hearing problem would severely lower your listening abilities. Another problem is vocabulary. Most people are afraid to ask when they don't understand a word, instead they just keep quiet and pretend they understand. This leads to less retention of what they are hearing.

Janne Bosco, who teaches speech here at Valley College, attributes much of the problem to television. "T.V. has given us a very negative aspect to communication because we sit so much in front of the t.v. and we have this one-way type of communication."

She also went on to say that most people simply do not listen. They do not look for the other clues of communication, and therefore they do not hear.

What can be done about this problem? For one thing, children should be taught listening skills along with their speaking skills. And perhaps our society should pay a little less attention to the television and spend a little more time trying to sharpen their communication skills.

Letters to the Star

Call for end to dehumanizing animal dissection

Editor

Dissection is a takeover from the dark ages. It is a system which molds a student into total dehumanization and a lack of respect for the human race as well as the animal kingdom.

How necessary is the cutting up of helpless little frogs, guinea-pigs, rats, mice and dead cats in the students study of LIFE? An anatomy and physiology student cannot possibly learn anything about the HUMAN BODY by cutting up animals.

And besides, these animals were put on this earth for their purpose to balance nature and make this planet a beautiful place for all of us to live. Cutting off the head of a frog will not help a student learn about the brain of a human being. One must have to be mad to make such an assumption.

There are many solutions as to how a student can study and learn about the human body as well as animals (if one wants to become a veterinarian or zoologist). There are computer models, sketches, drawing kits, mathematical-modeling, ect.

Students, you have a right to speak up. It takes only one person to stop an atrocity that has been going on for TOO long. A remnant of the Dark Ages whose time has come to be abolished forever.

Destroying life is not what schools should be teaching students. It should be teaching them how beautiful life can be by caring for all forms of life.

SUZANNE MATTHEWS, R.N.
AIDS Nurse, Public-Speaking Student

Star accused of ignoring students' opinions

To the Editor,

No wonder so many students at Valley are apathetic!

You solicit our opinions and when we give them we're ignored! *Leave the cats on campus alone!*

RAE MENDELSOHN
Business student

Couples don't communicate

By LINDA ELLIS
Staff Writer

One out of two marriages will end up in Divorce Court, according to Dr. Davitz, author of "Living In Sync."

I interviewed four people ages 19 to 38. One is happily married, two are waiting for their divorce to be final, and one person is thinking about getting a divorce.

Joan, 19 and awaiting her divorce, said "I was too young when I got married. My unborn child was due and marriage seemed like the right thing to do." Her marriage only lasted for two years. She emphasized that a lack of communication was their problem.

Sometimes people don't understand the need for communication. It is essential for a successful marriage. Without communication a marriage will lack understanding, which can lead to a divorce.

The lack of sharing responsibilities was one complaint that everyone had in common. Other complaints ranged from employment, house hold chores, and childcare.

What virtually stood out was the lack of companionship, which has a very special meaning. A companion is someone that is there to listen and to talk to, also it's someone you can share activities with that you both enjoy.

Debra age 28, awaiting her divorce, states that her husband was never home with her or their children, even on his off days from work. "He just was not interested."

Most of the married and divorced men I tried to interview did not want to comment. But John, age 32, is an exception. He wanted to tell why he is thinking about a divorce.

"The separation has gone on for two years" said John "and a lot of things have changed, like values, and a need for human evolution,in order to be a better father and husband. But, it has to go both ways."

It is when a clear communication breakdown occurs in many marriages, that people out grow each other; their values in life change, which can lead to all types of conflicts. Men and women have their differences: they should work them out before considering a divorce.

Valley Star Los Angeles Valley College

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LETTERS

The Valley Star is happy to receive and, if possible, publish letters from its readers.

Star reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or make racial, ethnic, or religious denigrations.

Letters should be signed and, if applicable, should include student's major and ID number. Letters may be presented in the Valley Star office, Business Journalism 114, by Monday for the following Thursday.

Crime . . .

(Continued from page 1)

and, as Day put it, "nothing really of much interest."

However, 136 calls came in which are called "Part I" crimes, and these include burglary, auto theft, aggravated assault, rape and murder.

Out of those 300 calls during the first quarter, said Day, 59 resulted in arrest, mostly for aggravated assaults, burglary, auto-theft and rape respectively.

Valley College shares the block with Grant High School, which also has a very diverse ethnic mix, some students both white and nonwhite being involved with youth gang activity.

"We do not see many gang fights in this area," said Day, "but juvenile crime is a big problem."

Day speculated that some of the crimes occuring in and around the college campus could be coming from Grant students, but he would not confirm this.

"All crime is unfortunate," said Day, "and of course we do our best to keep it as minimal as we can. As long as it is not on the increase, then that is a good sign."

Day said that Van Nuys police rarely get involved with crimes occuring on campus, since we have our own police here, many of whom are retired LAPD officers, and all of whom have the same training and powers of arrest as active-duty policemen.

"We have very little connection with campus police," said Day. "It is not necessary for the campus police to report most [non-Part I] crimes on campus to us...they really don't need us to interfere."

The campus police enjoy a cooperative relationship with the LAPD, and they also enjoy a good deal more secrecy and privilege than the LAPD when it comes to their own operations and file data.

For example, the 'Nude Mugger' incident which the *Star* reported in its March 12 edition was brought to public knowledge not by campus police, but by virtue of a *Star* reporter's acquaintance with the victim.

Her assailant, Capt. Wolf later admitted, had struck another victim exactly one week before, at the same time and location.

The *Star* does not know the identity of the first victim or exactly what was taken, but the second victim has told us that her assailant, who she said had been naked and wearing a lady's wig at the time of the attack, snatched her purse which contained an address book.

She subsequently informed the *Star* that her assailant has been calling the homes of some of her girlfriends, asking them for "dates," and frightening them.

Capt. Wolf said recently that the suspect, responsible for the only two assault/purse-snatchings recorded this semester, is still being sought.

Beside other crimes for which there are presently not enough data, the *Star* has learned that there have been numerous burglaries in Valley's electronics repair shop within the last month.

"I was informed through our electronics technician," said James Eskilson, professor of broadcasting at Vallley, "that there was a theft at the [repair] shop. It was never reported to me directly, and I don't know the specifics of all that was stolen. But I have heard from Don Cordell and Steve Kahn (shop technicians) that there were a *number* of thefts."

The Valley Star will present Part II of this investigative report in our following edition. If there is anyone who knows of any incidents which they feel should have gotten press coverage but did not, please contact the newsroom at extension 275 or 276.

The campus police enjoy a cooperative relationship with the LAPD, and they also enjoy a good deal more secrecy and privilege than the LAPD when it comes to their own operations and file data.

JOEL ROSENBAUM / Valley Star

Los Angeles Community College District Chancellor, Dr. Leslie Koltai, (right) presented Valley College President Dr. Mary Lee with the Chancellor's Award for Outstanding Administrator. Dr. William Lee (left) husband of Dr. Lee was present at a special luncheon last Friday during which members of the faculty and staff were presented with recognition awards by Dr. Mary Lee.

Volunteer instructors needed to teach at Experimental College

By CHRISTINA ICAMEN and AURORA MACKEY
Staff Writers

Volunteer instructors to teach classes in a variety of subjects currently are being sought by the Experimental College at California State University, Northridge.

The Experimental College offers more than 50 nontraditional classes that are not part of the university's regular curriculum in a grade-free, pressure-free atmosphere.

The classes—which range from conversational Spanish and self-hypnosis to unlocking one's psychic abilities—are taught entirely by volunteer students, homemakers and professionals who want to share their expertise in a certain area. Instructors are not required to have certification or degrees.

Classes last from one day to eight weeks, and cost $6 each.

Part of the college's appeal to students, according to publicity director Judy Jiminez, is the chance to learn in a stress-free environment. Many students enroll, she said, because they don't want "the worry of tests or homework."

For instructors, the appeal often is the same.

"We are looking for people who want to exchange interests, skills and knowledge without pressure," Educational College staff members wrote in a promotional brochure. "The lifeblood of the 'Experimental' philosophy is that anyone can teach. Everyone has something of value to share with others."

The college also is seeking more instructors to teach classes in sign language for the deaf. Just as with other classes, a teaching credential or certificate is not required.

For more information about teaching or enrolling in Experimental College classes, call John Earl at (818) 885-2172 or 885-2950.

NOTES FROM A.S.U.

ASU REPS NEEDED

The A.S.U. Executive Council is looking for two representatives for organizations here on campus. The positions are Urgent Action Network for Academia Representative and Associated Students against Drunk Driving Representative (ASUADD).

For a description of the job, anyone interested can come by CC102 and see Veronica Arreguin, A.S.U. president.

A.S.U. TALENT SHOW

The A.S.U. will present its fifth annual talent show on Wednesday, May 27 from 7 to 9 p.m. in Monarch Hall. Prizes will be awarded to the best act.

Tickets will be available at the door on the night of the show.

General admission is $3; A.S.U. students, $1.

TUTORS

Free tutors are being provided again this semester to all current A.S.U. members.

Anyone who needs a tutor can come to CC102, and see Brad Dybel, Commissioner of Scholastic Activities.

The bulletin board outside the ASU offices has been designated for tutors advertising their services and students who have books to sell.

Please see Kevin Stewart in CC102 or Dr. Pauline Merry in the Student Affairs Office.

CAMPUS REC ROOM

The student recreation room, located in the campus center basement, is open daily from 9:30 a.m. to 3:30 p.m.

There are video games, pool tables, vending machines and a television.

For more details, contact Lauri James, the rec room manager, at Ext. 420.

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Two unusual productions play at the Pipeline theater

Homeless ensemble presents insightful story of wanderer's life

By CHRISTINE ZIAYA
Entertainment Editor

There's a riddle here. But there's no clever answer to go with it.

The Los Angeles Poverty Department's (L.A.P.D.) production of "No Stone for Studs Schwartz" is intended to be a reflection about living on the streets. It is at times successful in conveying the vague life of a wanderer Saul Schwartz-Studs (William Aaron "Jim" Beame).

But at other times it loses its power to demonstrate the intensity of one man's empty existence and his sad demise.

Like life, it is fragmented. Like life, it is both funny and sad. Like life, it is often mundane.

And perhaps herein lies the problem. It becomes a sort of quasi-life, too close to reality, yet lacking in focused dramatic impact.

Like life, it leaves one wondering, "Why?"

Director John Malpede, also the founder of the L.A.P.D., explains the group, which was begun in October, 1985, has a two-fold purpose: To build a sense of community in the inner-city and to depict the dangerous reality of life on skid row.

Although the group has been called "America's First Homeless Ensemble," Malpede cautioned that the nickname is not to be taken literally. Only playwright Beame actually lives on the streets anymore, but all the other cast members have been "touched by some aspect of being homeless," said Malpede, "whether they've slept at the mission or waited to eat on soup lines."

According to Malpede, Beame began writing this play around the time of the skid-row killer. "Jim was sleeping in that area (of the city)," he said. "I was interested in expressing the danger of the area and he came up with this piece. It includes a lot of his personality and shows the kaos in his life."

Yet despite the difficulties inherent in the script, Beame's rendition of Schwartz-Studs is a good one. Always on the run, he stops only to catch his breath and to enjoy a few moments of fun. One wonders how close he is in real life to this character. It would seem their similarities run dangerously parallel.

Other cast members also deserve mention for their fine performances. Julious Jenkins, Jr. as the Thief gives a startling, realistic portrayal. His adeptness can almost send a chill up anyone's spine. Carl Bunker as the Fight Announcer and Banducci is a mean guy with a snarling voice to match.

Brian Young's performance as the Waiter and Joe Skinner is most commendable. His is a more developed talent, with choices that are undoubtedly the right ones.

And Frank "Bad Boy" Christian as Tiger Flowers is a hilarious knockout on the one hand, and a pathetic soul on the other, as Saul's Father.

Malpede hopes that the play, which closes tomorrow night, will "let people have a first hand experience with the homeless and leave them with a different impression, rather than the idea they get of them (the homeless) when they drive through downtown."

An "advocate" for the homeless for the past three years, he said, "Eventually I will bow out...I hope it (the L.A.P.D.) will continue as an institution down there."

For info call (213) 629-2205.

Solo performers question life's oddities with courage, humor

Paul Bob, Shelley Bonus and Pons Maar are more than "new faces."

By CHRISTINE ZIAYA
Entertainment Editor

Solo performances are always an undeniable challenge. Alone, the artist has only himself to use as a tool of expression.

As if standing naked in front of the audience Pons Maar, Paul Bob, and Shelley Bonus willingly reveal their innermost personas, then wait for their judgment in "New Faces of '87...But They've All Been Around." It is clear these are seasoned professionals. Their experience is what permits them to face such a dangerous exploit.

Yet in this show two performers definitely outshine the third, perhaps quite simply because they never hold back. Maar and Bonus share their entirety. Bob provides only a glimpse of himself.

The Pipeline is alive with the sounds of fast cars, ticking grenades, oral sex and foreign tongues in Maar's piece entitled, "Natural Enemies." What's so unusual is that the sound effects are all done by Maar himself.

Here is a courageous performer who makes full use of his body and voice. His sometimes frenetic pace is a delight to observe; his Godzilla impression a thousand laughs. He sparks this strenuous work to life with an explosion of energy.

On the other hand, Bob's "dramalogue" entitled "What the Humans Do" is a slow-moving story told in a gentle, quiet manner. But Bob's awkward, posed stance detracts from his efforts and his lack of concentration on several occasions is terribly distracting.

He plows through memories of his lost youth and explains how "nothing clicked yet." Then with the click of his fingers, he projects himself into the future and tells the story of two aliens George and Gretna. The highlight of his performance comes as he elaborates on his relationship with them. Yet by the end of the sketch, it is easy to pronounce once more, "Nothing clicked yet."

The evening's experience culminates with Bonus' superb performance of "The Transformation of Natalie Normal." A psychiatrist studying multiple personalities would have a field day watching her.

She is in-and-out of so many varied characters in the blink of an eye, that the genius of her art cannot be overlooked. Her timing is tuned to perfection. The result is a phenomenal portrayal of a "human chameleon," complete with family, friends and acquaintances. Bonus' performance in itself is enough to warrant seeing the entire show.

So too, the message is one worth listening to; it warns all to listen to their inner voices lest they lose themselves.

"New Faces..." continues Saturdays and Sundays through May 31 at the Pipeline located at 501 Boyd St. in downtown Los Angeles. For information call (213) 629-2205.

Arts festival ready for superb take-off

By VERGIE PAPALEXIS
Staff Writer

Do plan to kick up your heels, feast your eyes on drama and art, and fill your soul with music at the upcoming Los Angeles Valley College Arts Festival here on campus May 27-31.

The Festival will feature students' art work, concerts by student musicians, and performances of "The Best Little Whorehouse in Texas" and one-act plays by drama students. Also scheduled are exhibits and in-action demonstrations by the broadcasting and journalism departments.

"There are many talented, creative students, faculty, and staff in the performing, fine, literary and media arts on this campus," said Festival Arts Chairman Professor Joseph Daccurso.

And the activities, which will be taking place at a variety of locations throughout the campus, will highlight these many talented folks.

The art department plans an awards presentation ceremony on Thursday evening May 28 in the Gallery Patio as a climax to the gallery's exhibit, "Students Award Show."

"Anytime we can work together with the other creative departments like theatre and music," said Gallery Director Dennis Reed, "it improves everyones visibility and creates public interest."

Regarding music, besides the many student performances, "the very best efforts of the combined talents of 200 persons from LAVC's Orchestras and Choirs will be featured in the highlighted finale, The Gala Year-End Concert to be held at The Wilshire Methodist Church," said Music Professor Ted Lynn. "It's been at least ten years since we've worked together like this and we're glad a festival has come to pass again."

KVCM-AM radio producers Michael Bloodworth and Perry Skaggs will be busy presenting a "top notch" open house. "There will be hourly lectures on how the station is run," said Skaggs. "Visitors will be able to observe or speak live on the air." Live broadcasts from various art festival locations will also be taking place.

The broadcasting department has invited producer Neil Maefeo of "The Waltons" to speak on KVTV in Humanities ll4 on Saturday, May 30 from 2-3:30 p.m. Ed Begley, Jr., former Valley student and one of the stars of "St. Elsewhere," is scheduled to speak on Saturday, May 30 at 4:30 p.m. Also look forward to a presentation by "Amerika" producer Dick O'Connor.

Several films are scheduled to be screened during the festival including the complete uncut version of Richard E. Lyons' Western classic "Ride the High Country." The veteran Hollywood producer will speak about making films on Saturday, May 30 at 1:30 p.m. in the Little Theater. In addition, a screening of the Academy of Motion Picture Arts and Sciences award winning student films will be presented in The Little Theater on Saturday, May 30 at 4:30 p.m and on Sunday, May 3l at 2 p.m.

"We've also scheduled a foreign film symposium of LAVC students who have studied or worked on film in other countries," said Daccurso. "They include Iran, India, Sri Lanka, Scotland, Germany and Egypt."

LAVC students will present their 16mm and Super 8 film projects on Saturday, May 30 at l p.m.

In the English department, among the events planned are poetry readings on Friday, May 29, at which time the latest edition of LAVC's literary magazine "Manuscript" will be on display. Also on display will be books and magazines either written or edited by faculty members of the English department.

The *Valley Star* will be "demonstrating a newspaper in progress," said Editor-in-chief Blanca Adajian. "Since it normally takes a week to put it together, from the assignment of a story through paste up of press ready copy, we will take you through all the steps required for the process," she said.

Tom Jagoe of the *Daily News* and Jeff Share of *People* and *Time* will be featured speakers in the photojournalism segment of the festival.

There is much, much more planned for your enlightenment and pleasure, so take note of the events you wish to attend and be a part of the Festival. For more detailed information see the Arts Festival program which will be available during the festival at various spots throughout the campus.

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'Cop II': Captures audience with laughs

By DOUGLAS GINTZ
Opinion Editor

Axel Foley, alias Eddie Murphy, the impetuous, impulsive, and highly irresistable cop from Detroit is back in Beverly Hills, and the city is on its knees.

After hearing that his friend, Captain Andrew Bogomil (Ronny Cox) from the Beverly Hills Police Department, was gunned down and seriously wounded while investigating a string of robberies, Foley returns to the city where the 1984 sensational hit "Beverly Hills Cop" took place.

Aided by two of his old friends, Det. Rosewood (Judge Reinhold) and Sgt. Taggart (John Ashton), Foley attempts to foil the infamous "Alphabet Case," which thus far has left the city clueless—with the exception of the alpha-numerical cryptograms left at the scene of each robbery.

Foley, while sniffing out the scent of the bad guys, is led by his usual keen nose to the luscious Karla Fry (Brigitte Nielsen). She's a clever, cunning, and calloused criminal in the employ of Maxwell Dent (Jurgen Prochnow), an illegal arms dealer.

The pair's brains and brawn—Dent's brains and Fry's brawn—prove a deadly combination. The city's only hope is Foley, who's street smarts once again surpass the B.H.P.D.'s computerized, high-tech operations.

This sequel proudly walks in the footsteps of "Beverly Hills Cop," which was the most successful box-office comedy of all time, raking in an unprecedented $350 million in its first three years.

Although the plot is as flimsy as a $10 hat rack, it does lend just enough stability to support the numerous "hats" that Murphy wears in the movie, resulting in as many laughs; he impersonates a hood, a building inspector, and a federal agent, to name a few.

"Beverly Hills Cop II" breaks the rut that many sequels of highly rated movies fall into (i.e. "Rocky," "Airplane," "Police Academy"). In other words, it is not "just another dumb sequel." On the contrary, this sequel accomplishes what rarely, if ever, is accomplished. It is equal to, if not better than, the original movie.

Murphy's comedic genious should largely, but not completely, be credited for the movie's brilliance. His timing is superb. His side-kicks, Reinhold and Ashton, also deserve much of the credit.

Reinhold's character Billy Rosewood changes from the meek, naive nerd he portrayed in the first movie, to an aggressive Rambo-style nerd in the sequel. His hero worshiping of Rambo becomes obvious in the latter half of the film.

Ashton's character, John Taggart also has evolved since the last film. His by-the-book character becomes a little bit more gutsy in the sequel, and he is a lot less hesitant to follow Foley's hunches.

This sequel is sure to be the box-office phenomenon its parent film was. It will most likely be the hottest ticket this summer.

Murphy, reflecting the fast paced, slap-stick comedy styles of such great comedians as John Belushi, Dan Aykroyd, and Bill Murray, is definitely one of the hottest comedians of the '80s.

And if anything, Murphy has proven one thing; and that's that old comedians never die, they just give way to new ones.

Musical rings of sweet success

JOE BINOYA / Valley Star

Sultry Bonnie Kennedy is Ginger, a brothel lady with a "springy distinctiveness, " in "The Best Little Whorehouse in Texas." Her rendition of the song "Hard Candy Christmas" is a treat for all to savor.

By ALLAN CAPLAN
Staff Writer

First, a word of warning: "The Best Little Whorehouse in Texas," the current musical now in production in Valley College's Mainstage Theater is not, repeat is not, "Best Little Whorehouse in Texas" the movie.

The musical revolves around a whorehouse known as the Chicken Ranch, which got its name from the method of payment sometimes used by farmers, namely trading live fowl for favors from the girls. The prevailing price is $3.

"That's back in the days of Roosevelt nooky, not Carter coffee," says one character who clearly intends to hold the line on inflation.

The musical then quickly moves to the present. Its current madame Mona (Judy Kononchuk) runs it as a kind of community service. There are no Rotary plaques on the wall, but the ladies get group rates on Blue Cross, wear long dresses in the evening, service the local college football teams (thanks to an alumni gift), and get along with the sheriff, the local businessmen, and the politicians.

A crusading television personality Melvin Thorpe (George Rametta), who preaches purity and morality, and wears an American flag necktie, makes Mona's place his target.

The sheriff (Jim O'Donoghue) tries to run the crusaders out of town, but the ensuing attention and furor is too much for him.

"I can't threaten Walter Cronkite," he tells Mona sadly.

One of the brillant dance numbers is a routine in which the football cheerleaders come on. Each of them is a blue-eyed, vacant-faced blonde and each carries two life-sized, blue-eyed, vacant-faced blonde dolls. The chorus line is hilarious; the dolls, thanks to their ingenious springy legs, bounce even more idiotically than the dancers.

A crusading television personality, who preaches morality and wears an American flag necktie, makes Mona's place his target.

The other dance numbers are less interesting, and are carried out with no great skill, though Ginger (Bonnie Kennedy) as one of the brothel ladies, has a springy distinctiveness and fine vocal credentials in the number "Hard Candy Christmas."

"Best Little Whorehouse" can now take its place with Valley's past musical successes...

Kudos to another brothel girl, Sly (Solange Lemelin), who has the difficult part of a shy runaway taking her place with the other inhabitants of Chicken Ranch.

Some of the best scenes are those involving the sheriff, played with a fine frustrated fieriness by O'Donoghue. In one of those scenes, Doatsey Mae (Paula Levine) sings a fetching ballad of waitresses' lost dreams.

When it comes to singing and acting, the star of the show is unquestionalby Kononchuk, whose brillant performance provides the production with a professional flair. Her rendition of "Bus From Airillo," together with her duet "No Lies" (with Rosie Reed as Jewel), both brought ebullient applause from an appreciative audience.

The staging is surprising, indeed perhaps the most surprising aspect of the show. Constructed of wood, and looking something like a t.v. studio's idea of a Las Vegas nightclub, the stagecraft crew clearly outdid itself.

No less exceptional was the lighting design by Wild Bill Lehmkuhl, who climbed a self-supporting ladder some 30 feet high to install the heavy Leko spotlights.

In addition, the excellent costumes by Peggy Mains deserve recognition. She managed to create a wardrobe fit for all the various roles.

Country music musicians under the direction of Tim Jameson were the only paid professionals in the company, and they performed like true professionals, never missing a beat.

"The Best Little Whorehouse in Texas" can now take its place with Valley's past musical successes "Finian's Rainbow," "Hollywood and Vine," and "Gypsy."

There is still time to see this excellent production as it continues May 21-23 and May 30. Call (818) 781-1200 ext. 353 for reservations.

JOE BINOYA / Valley Star

As one of Mona's girls, Jeannie Moultrie is a dynamo, singing and dancing with her share of gusto. The hit musical continues until May 30.

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News Notes

FACULTY ASSOCIATION SCHOLARSHIPS

The LAVC Faculty Association is accepting applications for their Spring, 1987 semester scholarships.

Students must have: a 3.5 GPA or greater in all class work completed, completion of class work in a relatively short time and completion of the requirements for the AA/AS degree.

The deadline for application is Friday, May 22.

Applications may be obtained in the Financial Aid Office, CC100.

For more details, call the Financial Aid Office at 781-1200, Ext. 412.

■

GRADUATION PETITIONS DUE

Friday, May 22 at 4 p.m. is the deadline for filing petitions for graduation on August 14 (Summer '87).

Petitions are available in the Graduation Office, Room 127 of the Administration Building.

■

STUDENT SPEAKERS

Auditions for student speakers will be held on Tuesday, May 26 at 11 a.m. in the Humanities Bldg., Room 106.

Students who will complete or have completed their requirements for graduation, Fall, 1986 and Spring, 1987 will be eligible to compete.

The theme of commencement is "Think the Rest of Your Life."

Students will be given two minutes to present their themes.

For more information, contact Pauli Merry or Maggie Lopez at Ext. 243.

■

EOP&S EDITOR NEEDED

The EOP&S (Extended Opportunity Programs & Services) needs a newsletter editor for its monthly news report to students.

Interested students should contact Catherine Wright in the EOP&S Office, Cafeteria Building, Room 101B. Or call 781-1200, Ext. 432.

INFORMATION ON EPILEPSY

The Los Angeles County Epilepsy Society (LACES) is the only organization set up specifically to serve people with epilepsy and was established in 1956 as a non-profit voluntary corporation.

LACES is supported primarily by contributions and most services are free and include: counseling, educational programs and seminars, and consultation services.

Members receive newsletters, literature and other services provided through the organization.

If you would like to become a member and/or would like more details, call LACES at (213) 382-7337.

■

VIOLIN CONCERT

Theodore Lynn will be performing in concert today at 11 a.m. in the Music Recital Hall, Music Building.

■

CHILD DEVELOPMENT CENTER

Children of students, staff and faculty are eligible for a limited number of openings now available in the Child Development Center.

Applications are available at the Counseling Office, Administration Building, and at the Child Development Center. For further information call 781-1200 ext. 231.

■

INTENSIVE JOURNAL PROCESS

Henrietta Sparks, M.A., MFCC, will cover every section of "The Intensive Journal Process" in a seminar of combined lecture and experience methods from 1 to 2 p.m. every Thursday (except holidays) in Bungalow 13, the Career Center.

Everyone is welcome.

For further information, call Henrietta Sparks at ext. 246.

LIBRARY BOOK SALE

The Library has a book sale every Friday, 8 a.m. to 2 p.m.

Hardbacks range from 25 cents to $2 and paperbacks are 20 cents each or six for a dollar. In addition there is a 25 cent bargain cart of books for sale every day. Miscellaneous magazines are for sale for 5 cents each. Proceeds from the sale go towards the purchase of new books for the library.

■

SUPPORT MEETINGS FOR CANCER PATIENTS

A weekly support meeting for cancer patients, their families and friends is held every Wednesday from 6 p.m. to 7:30 p.m. at Holy Cross Hospital.

The group offers participants information and support, and provides an opportunity to share feelings and concerns about cancer with others who are in similar circumstances.

There is no charge for the meetings which are open to the public.

For more information, call Linda Sklar at (818) 898-4654.

■

LAVC SENATE MEETING

There will be an LAVC Academic Senate Meeting today at noon in the Faculty Lounge.

■

MAMMOGRAPHY SCREENING

Holy Cross Hospital is offering low cost mammography screenings throughout the months of April and May.

Mammography is a low-dose x-ray test that has proven to be highly effective in detecting breast cancer in its earliest, most treatable stage.

Participants must register first with the American Cancer Society, San Fernando Valley Chapter, at 989-5555 before a screening time can be assigned.

RED CROSS VOLUNTEERS NEEDED

The American Red Cross Valley District Service Center is looking for volunteers to serve in the following capacities: CPR instructors, Clerical Assistants, Switchboard Operators, and Bilingual Assistants for the Disaster "Hot Line".

Training is available for all positions. For more information call Janice Mayhew at (818) 376-1731.

■

RECRUITS SOUGHT

The L.A. County Probation Department is recruiting citizens who are concerned about reducing crime and rehabilitating offenders. Many opportunities are available in working with probation officers and helping out in the community.

For more details, contact Susan Turner or Teena Lambert at (213) 940-2853.

■

SEX HELPLINE

The Los Angeles Sex Information Helpline has, for more than ten years, offered an information and referral service concerning human sexuality.

Anyone can call and ask any question about sex. All calls are confidential, and because it is funded by the L.A. Free Clinic, all calls are free.

Call (213) 653-1123 Monday -Thursday, from 3:30 to 9:30 p.m.

For those who are hearing impaired and own a TDD (Telecommunications Device for the Deaf), call (213) 655-2165.

■

GREEK DANCING

Come and learn Greek dancing at the Valley Cities Jewish Community Center, 13164 Burbank Blvd, in Van Nuys.

Classes are taught by Trudy Bronson on Thursdays, from 1 to 2 p.m. for beginners, and from 2 to 3 p.m. for intermediate dancers.

For more information call (818) 769-3765.

Kaye Ryan, president of the Patron's Assn., pours tea for Irene Jusko, EOP's tutorial manager.

Valley's best honored at tea

By DONNA RAMOS
Staff Writer

Valley students with high academic achievements were honored at the Dean's Reception held Thursday, in Monarch Hall.

To qualify for the Dean's List, a student must have earned a minimum GPA of 3.6 with at least 12 units in Fall '86, or completed 30 or more units at Valley with a cumulative GPA of at least 3.6

President of the Associated Student Union (ASU), Veronica Arreguin, Anita Fearman, ASU treasurer, and John Clerx, vice-president of faculty association welcomed the honorees and their guests.

Brad Dybel, commissioner of scholastic activities of the ASU, presented the Dean's List members in attendance to the gathering.

Dr. Edwin Young, vice-president of academic affairs, gave the keynote address. In his speech he mentioned the book, "The Road Less Traveled", by M. Scott Peck, M.D., which deals with drawing road-maps for life. "Discpline is a main-stay in assuring the road map works." said Dr. Young.

A congratuatory speech was given by Dr. Mary Lee, president of Valley College, in which she praised ASU President, Veronica Arreguin for her ability to take over the office of pesident after the resignation of the former ASU president, and for doing a good job of reuniting the ASU.

Joy Baratta, pianist entertained with selections from Joaquin Turina. Dancing was provided by the LAVC dance group with five modern dance numbers, performed separately and in pairs.

Refreshments for the occasion were provided courtesy of the ASU, with the Patrons Association serving the tea.

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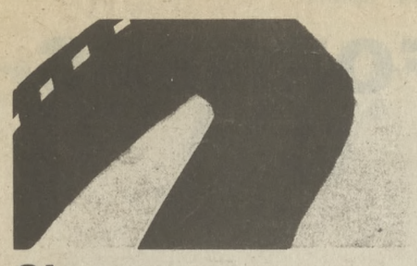

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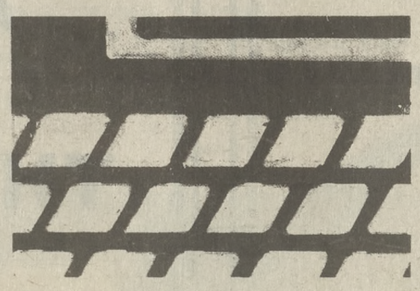

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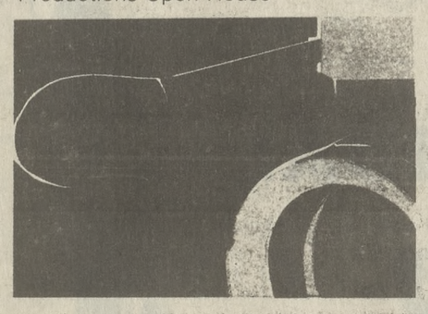

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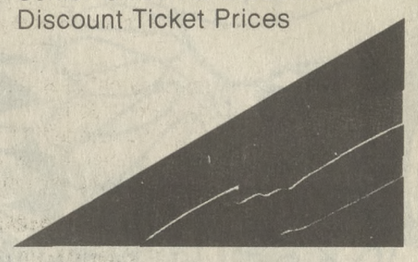

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Opening Event of the LAVC Arts Festival

Weight Reduction

Exercising Common Sense

By KAREN BROOME
View Editor

As the first golden rays of summer strike the exposed, muscular torsos of bikini clad sun worshipers, the benefits of physical fitness are glaringly apparent.

It is this time of year that a bizarre fear enters the subconscious minds of the more sedentary crowd. A fear of showing the public their ugly cellulite deposits, thunderous thighs and bulging bellies.

There is a solution to being overweight, flabby or even obese. In fact, stores are filled with books and magazines that preach the best methods to tone, shape and lose unwanted pounds.

Common sense is the best plan to achieve a strong healthy body.

There are people who eat nothing and appear heavy, while others eat like a horse and remain thin. These extremes may deny logic, but each body has its own metabolism.

KAREN BROOME / Valley Star

Blake-Taylor demonstrates stretching, to avoid injury.

The metabolic rate is the ability and speed that the body can burn off the food energy consumed as calories.

Calories that are not used immediately are stored in fat cells for later. If more calories are burnt than consumed, weight will be lost.

A method of determining personal diet and exercise goals is to record all the calories taken in for a one week period. Do not change eating habits or neglect to list the snack food grabbed on the run.

Next, list all calories burned off through normal weekly activities. The difference will set the perimeters of a sensible weight loss program.

"Crash diets" seldom work as muscle fiber is often lost along with the fat. This is why people who have lost weight by dieting alone may still appear flabby and unattractive in a bathing suit.

Firm, toned muscles are what makes the body appealing. Severe diets may actually cause muscle tissue to deteriorate by depriving it of needed nutrients.

Small lifestyle changes can make the most dramatic long-term difference.

To decrease the butter on a baked potato from three teaspoons to one will save 200 calories. Eating baked fish instead of steak will save 250 calories and to pass up that rich thick chocolate cake will avoid 600 calories.

The amount of food energy taken in matters when considering how much is burned through activity.

"One half hour of moderate exercise will burn between 120-180 calories" according to the Editors of Consumer Guide. There are more calories in a couple slices of cheese.

A common sense approach to fitness would be to watch what is eaten and try to be more active.

Physical exercise does not have to be unpleasant. In fact, there is a certain natural high that is reached as the heart rate is increased, thus allowing oxygen to flow freely through the veins. It is this point that the body can free itself of toxins through perspiration.

Remember, make the effort to learn how to do each exercise correctly. People with a heart condition, or who are extremly obese, please check with a doctor before starting any program.

Isometrics are the any time, and place toning exercise. Just sit in a chair or stand anywhere, concentrate on a specific muscle, contracting it for six seconds, relax, then repeat the contraction.

The lower abdomen, below the belly button and above the pelvic, is a key muscle to start an isometric contraction with.

When that muscle is isolated and controlled, try squeezing the butt in a small lustful motion.

Stronger stomach muscles, which hold the internal organs from bulging forward, and a firmer butt are the benefits of isometrics, not weight loss.

It is important to breath continuously during a contraction or when doing strenuous exercise. By holding a breath, the important muscles are deprived of oxygen which may cause them to stiffen up. Losing weight requires sweat. Perspiration is what indicates that calories are being burnt. *The more you sweat the more fat you burn.*

Valley College physical education student and aerobics instructor for *Holiday Health spa* and *Getting Physical*, Michele Blake-Taylor, emphasized the importance of stretching out the muscles to prepare for exercise.

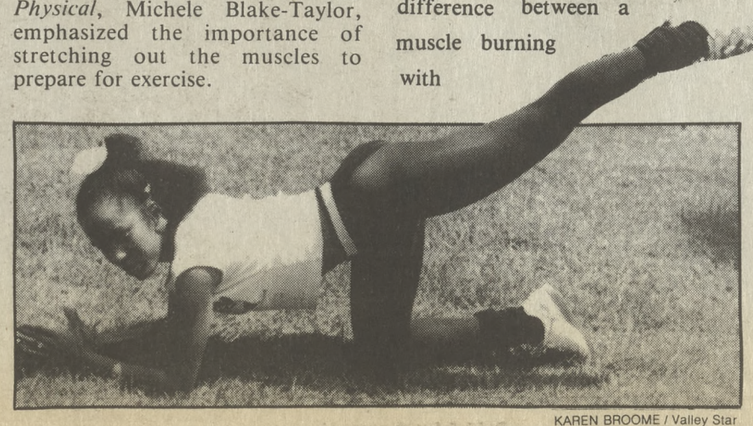
KAREN BROOME / Valley Star

Michele Blake-Taylor is a LAVC criminal law student, minoring in physical education. As a social worker, she plans to incorperate aerobics into the rehabilitation program of correctional institutions.

It is beneficial to stretch during the warm up, which slowly raises the heart rate to prepare for future activity, and during the cool down, after a strenuous workout and when the body is preparing to stop.

"Stretching will prevent injury" said Blake-Taylor. "Take it easy, don't try to be Superman or Super woman."

The idea is to know the difference between a muscle burning with activity and the real pain that says you're doing to much.



KAREN BROOME / Valley Star

"Concentrate on the muscle being worked for best results" says Blake-Taylor when leading the LAVC aerobics class.

To over exert yourself during one session could cause an injury, which might delay or prevent the next workout.

Joints must be considered when determining exercise positions. The knee is extremely sensitve to injury and it should not have more than a 90 degree bend when lunging or stretching.

When doing situps or stomach curls watch the strain on the lower back and neck. If it hurts stop and check the position.

"Contrary to popular opinion, women can over develop their muscles" according to Ann Dugan and the Editors of Consumer Guide.

Using weights or doing calisthenics will shape the muscles. High repetitions, low weight, will tighten and define the large skeletal muscle, while use of heavy weight will cause the tissue to grow larger.

It is better to be consistant with exercise than to work intensely a few times. Four workouts a week is what's neccessary for the body to pass from maintenance to weight reduction.

Aerobics strengthens the cardiovascular system and burns fat by raising the heart rate to 80 percent of maximum capacity for at least 20 minutes.

Dancing, skiing, swimming, roller skating and fast walking are some examples of aerobics.

Blake-Taylor's dietary advice is to eat from the four basic food groups to ensure the body gets the nutrients it needs.

Also, drink plenty of water and avoid fats. Water is a diuretic that flushes the toxins from the body through excretion and perspiration.

Knowing what to expect from a fitness program is the best way to get the desired results. Plan small balanced meals that do not exceed the amount of calories burned in an average day.

Then, try to exercise at least four days a week to lose body mass. For best results exercise should include: warm up, stretching, aerobics, toning and a cool down.

Crash programs seldom work, so plan to make the lifestyle changes needed for good long term results.

Fit for a Healthy Summer!

Stress Control

By SONYA IZENMAN
and CAROLYNE SHAPIRO
Staff Writers

Stress occurs all year round. Somehow the majority of us cannot avoid nervous tension, which can undermind daily accomplishments or even adversely affect our health.

Christmas holidays may be a difficult time for some, while the tax season brings others close to tearing their hair out in bunches.

The onset of finals can be particularly unbearable for students. While, mothers suffer from the anticipation of finding ways to keep their children busy during the summer months.

Winter months are likely to set off a mood of depression. On the other side of the coin, the euphoria felt in the beginning of summer can have its drawbacks.

One reason for stress during summer is due largely to appearance. Because more of the body is likely to be shown, people become very conscious of the way they look.

In the event they do not like the way they look, a battle to improve can commence.

Understanding the mind/body connection in stress has become popular in the 80's.

Learning the tools of relaxation and self-discipline, helps people take responsibility for their own health and heals them of the dependency on drugs and doctors.

Solutions for stress release are found in natural remedies like exercise, creative hobbies, change of attitude, diet and lifestyle.

Practicing relaxation techniques in breathing and meditation can channel the mind for positive thought patterns.

Frustrating situations on the job, at home, in school and with relationships, are handled with more objectivity, once you've mastered the key to self-awareness.

The choice of response, to a selfish parent, pushy boss, indifferent teacher or cruel friend, determines how the situation will affect the mind and body.

"It's not the event, it's what you tell yourself about the event, that makes the difference" said Professor Michael Gardner. "The way you handle the stressor matters more than the stress."

As a psychologist at LAVC, Gardner sees students stressed out from the wrong 'belief systems'. They give in to peer pressure and authority figures, as if they had no rights.

The feeling of helplessness is a cause of stress and nervous tension. Assert your own will and don't give in when pressured.

Gardner mentions a range of personality traits, with the *people pleaser* on one extreme and the *heck-with-you* type on the other. The *optimal place* is in the middle, with love, self-esteem and confidence. "That's happiness" he says.

"The people pleaser worries about making everyone happy, to the point of getting sick." said Gardner. Pleasing authority figures is the top priority, so he gets taken advantage of and becomes stressed.

Childhood conditioning can reinforce this trait, if a child is taught to give into selfish relatives, while ignoring his own needs and human rights.

The 'heck-with-you' person doesn't care. That sums up their whole attitude. These stressors are found everywhere in society.

"The stress they cause isn't the real problem, but how we react to it" Gardner states. "You don't have to buy into a lot of crap because someone expects you to. You can say no, or just walk away. Obedience to authority, without realizing what's right or wrong, is more stressful than saying no."

"When you allow yourself to be stressed, you suppress the immune systems' natural defense mechanisms, and can become ill" said Gardner.

Researchers have found the use of 'imagery' one of the best tools for stress prevention and healing illness.

Dr. Carl O. Simonton, cancer specialist, said "Mental imagery is not a method of self-deception, it's a method of self-direction."

"It's not the event, it's what you tell yourself about the event that makes the difference."

Norman Vincent Peale describes the technique as a "Mental energy, where the desired outcome is pictured so vividly by the conscious mind, that the unconscious mind accepts and is activated by it. This releases powerful internal forces that can bring about astonishing changes."

The student that prepares for a test using imagery will not feel stress because he expects to pass. He will prepare, study, and know he did his best.

Another technique for stress release is to give yourself pleasure every day. Take time to smell the flowers, nuture a plant, help someone nice, listen to inspiring music and laugh at the funny things in life.

Humor is a great stress release, that's part of the optimal happiness you choose for yourself. How can you feel stressed when you're laughing!

Treating Summer Ailments

Moderation is key to good health

By CAROLYNE SHAPIRO
Staff Writer

As warm weather and pollen-filled air begins to tell the body summer is on its way, doctors prepare to treat the many victims of summertime ailments.

Ben Friedman, a well-known pharmacist who practices at the Boulevard Pharmacy in Encino, said there is a rise in certain types of medications and products sold during this time of year.

"We see different types of medications prescribed in summer as opposed to the winter," he says. "More diet pills and water weight pills are sold.

"Because some people become depressed in knowing they have to work when they would rather be outside enjoying the nice weather, they try to supplement their mood.

"This is where you see an increase in the prescription of antidepressants and mood elevators." said Friedman.

Whether prescribed by a doctor or bought over the counter, water pills should be used with caution. They very easily can deplete the body of potassium and this is very dangerous to the heart.

If you plan on taking water weight pills, make sure to check with your doctor before hand so he can give proper instruction on how to use them.

Water, if a lot is consumed, can act as a diuretic. Coffee and tea are also diuretics.

Be sure to eat bananas or tomatoes while taking diuretic medication. They are a good source of potassium.

Allergy medications are also sold in abundance during the summer.

These medicines can cause drowsiness in some or excitability in others.

The nasal sprays should only be used for three days unless otherwise instructed by a physician. They can be habit forming and can have a rebound effect, by actually creating a blockage of the nasal passages.

"It has been proven that rebound nasal congestion can and will occur when too much nasal spray is used.

So the spray itself makes the congestion and not the allergy" said Friedman.

Allergies can be extremely annoying, especially when it is very hot outside. This can create a lot of irritability.

Stress can be difficult to shake off. There are medications which will help the extreme cases deal with it, and help to keep the interference to a minimum.

Most pharmacists and doctors agree that routine excersize can curtail anxiety and that vitamins should be taken regularly.

A multi-vitamin every day should be sufficient. One can also take a B-complex vitamin daily, to increase the energy level.

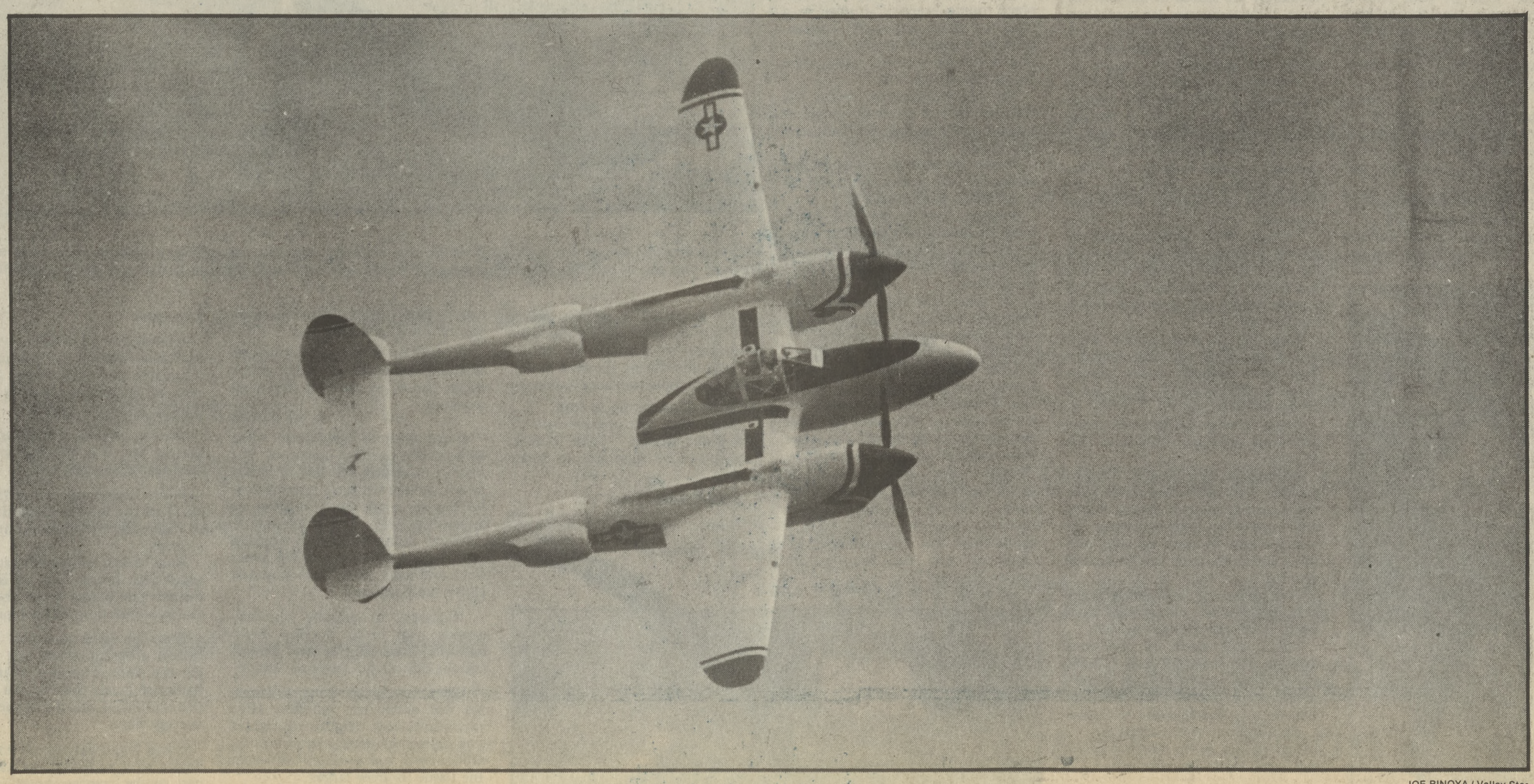
To deal with stress and anxiety an amino acid, L-Tryptophan can be used during the day and can also be used at night as a sleep aide.

Everything should be done in moderation. Vitamins, prescription medicines and exercise can be beneficial if one is patient.

Vitamins, like any other substance, can be detrimental to your health if not used properly.

WHITE LIGHTNING

JOEL ROSENBAUM / Valley Star



JOE BINOYA / Valley Star

P-38 flies again

The first P-38 National Convention brought World War II veterans to the Planes of Fame museum at the Chino Airport last week.

Former World War II associates and old buddies gathered together to pay tribute to the P-38 Lightning on its 50th anniversary

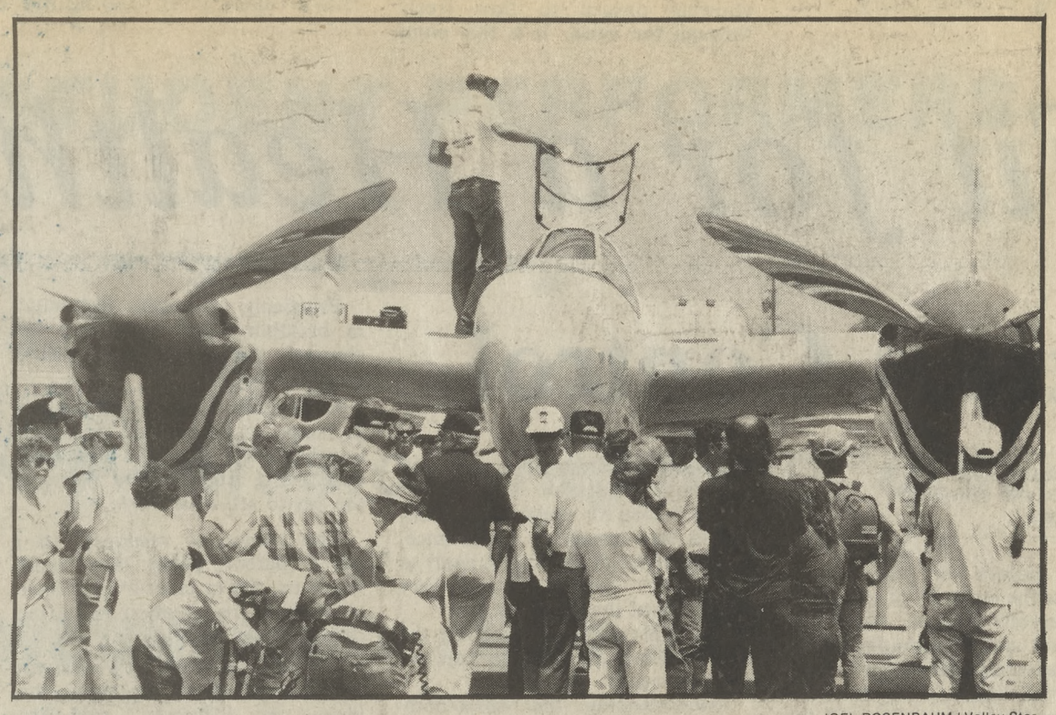
The P-38 is one of the most famous fighter planes of WWII. It is a twin-engine fighter-bomber that was designed for high altitude interception. The usual armament of four .50-caliber machine guns and one 20-mm gun on the nose could also be supplemented by an external bomb capacity of 3200 pounds.

Lockheed was the prime manufacturer and built 9,924 P-38's at Burbank. At the height of production, they were turning out 15 a day. Today, there are only 11 remaining.

—Text by Janis Evans

JANIS EVANS / Valley Star

P-38 engineer Richard DeGray (left) and P-38 test pilot Tony LeVier harken back to earlier days at last week's P-38 National Convention display and flyby segment at the Chino Airport.



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Retired Valley English professor Tom C. McGuire in the cockpit of the P-38 Lightning at the National Convention celebrating the 50th aniversary of the aircraft at the Chino Airport. (Right) McGuire as a First Lt. in the Army Air Corp in August of 1945.

Photo courtesy of Tom C. McGuire

Layout assisted by Steve Fountain